



July/August 2015

Center Life

NEWSLETTER OF THE GRANBY SENIOR CENTER

Nationally Accredited since 2005

15C North Granby Road Granby, CT 06035 ▪ (860) 844-5352

Accredited by 
National Institute of
Senior Centers

Breakfast with Kerry

Saying goodbye to Kerry as she retires

The breadth and scope of Kerry Kielbasa's 25-year-service with the Town of Granby is almost immeasurable. Kerry's vision, drive, natural ability to lead and practical approach was an undeniably winning combination for the *Town of Granby*. You have seen her hard work in action: from a two time nationally accredited Senior Center (and working on a third at press time), to a Youth Services Department which recently celebrated its 20th anniversary, many have benefited with Kerry's expertise in the field of social service assistance through the Social Services Department. Families and individuals in need have received emergency assistance, fuel assistance or been able to provide a Thanksgiving meal for their family because of Kerry. All of these departments which have served Granby families, seniors and individuals alike for more than two decades are Kerry's visions having come to fruition.

Please join the staff at a breakfast buffet as we wish Kerry well on her retirement. Breakfast will be served on July 29th at 9:00 a.m., Granby Senior Center. Please RSVP to 860-844-5350.



Accreditation Update

Official on-site review to be held July 9th

After four months of committee meetings and careful review of all senior center policies and procedures we are pleased to announce that the manuals have been completed and received by our peer reviewers. Everything from records and reports, governing structure, managing finances and budgets, program planning, facility, administration, evaluation and community involvement is included in the process.

The next step is the on-site visit. We would like to invite you to stop in on Thursday, July 9th at 9:30 a.m. for an opportunity to share your thoughts with our reviewer.

A Note from Civic Engagement Team

The accreditation project produced a survey from the self-assessment process. The Team is evaluating the survey results looking for opportunities to enhance projects and programs using feedback gained from our senior center members. More to come from your Civic Engagement Team. Thank you all!

Holcomb Farm Fresh Access

Available Thursdays after 11:00 AM Senior Center members may take advantage of the generous share of fresh produce we receive from the Fresh Access program through the Holcomb Farm CSA. Please bring your reusable bag. Paid membership required to participate.



Information

Senior Center Staff

KerryAnn Kielbasa, Director.....860-844-5351
Sandra Flagg, Meal Preparer.....860-844-5350
Bob Lesko, Van Driver.....860-844-5353
Trish Tappenden, Admin. Assistant....860-844-5350
Sandra Yost, Program Coordinator.....860-844-5352
Hours.....Monday-Friday 9:00 AM to 4:00 PM
Email..... syost@granby-ct.gov
Website..... www.granby-ct.gov

(click Town Departments and Senior Services)

Senior Center Membership & Van Card

Annual membership is \$5 for Granby residents;
\$10 out-of-town friends. Van service available to
Granby seniors. Annual fee is \$10.

Mission Statement

The mission of the Granby Senior Center is to
empower older adults to live full, independent lives
by providing leadership on aging issues and
enhancing the social, physical and educational well
being for each participating individual.

Monthly Meetings

*Mark it on your calendar now and don't
miss out on these great clubs & gatherings!*

Camera Club *(will resume in September)*

First Monday of the month at 7:00 PM
Annual membership is \$10

Civic Club *(will resume in September)*

Third Thursday of the month at 1:00 PM

Civic Engagement Team

Second Thursday of the month at 9:30 AM

Senior Club

First Thursday of the month at 12:30 PM

Men's Breakfast *(will resume in September)*

Second Friday of the month at 8:30 AM

Women's Breakfast *(will resume in September)*

First Wednesday of the month at 8:30 AM

Ongoing Center Activities

Mondays:

- Morning Coffee at 8:30 a.m.
- Mexican Train: a domino game at 9:45 a.m.

Tuesdays:

- Community Café at noon. Reservations required.
Suggested donation \$2.50
- Setback at 2:30 p.m.

Wednesdays:

- Artists Group at 9:00 a.m.
- Mexican Train: a domino game at 1:00 p.m.

Thursdays:

- Needle workers at 10:00 a.m.
- Community Café at noon. Reservations required.
Suggested donation \$2.50

Fridays:

- Beading at 9:30 a.m.
- Conversational Spanish at 10:00 a.m.

Services

Commission on Aging

Second Monday of the month at 1:30 PM

Will resume again in September. Drop by a *Commission on Aging* meeting to listen or participate in engaging discussion about the ongoing and ever-changing needs and goals meeting Granby's aging population.

Durable Medical Equipment Loaner Closet

(Program funded in part by NCAAA, Inc.)

Donate and/or borrow gently used wheelchairs, walkers, canes, tub seats, etc. Created and staffed by the Civic Engagement Team, the Closet is accessed by appointment. Call 860-844-5352.

CHOICES Counseling (Program funded by NCAAA, Inc.)

Third Wednesday by appointment

Do you need help in understanding Medicare and its supplements? Our counselor will help you weigh the medical plan options to find the right plan for your needs.

Classes and Workshops

Ask the Doctor with Dr. Peter Barwick **First Monday of the month at 10:00 AM**

Dr. Barwick returns in September on the 14th, as we are closed for Memorial Day on the first Monday.

Ask the Attorney with Kraner & Hess **First Wednesday of the month at 10:00 AM**

Specializing in Elder Law. Please call for an appointment. 860-844-5352 *FREE*

Ask the Alzheimer's Expert with Peggy Coburn

For those caring for someone with Alzheimer's, the information in these sessions is invaluable. Peggy has years of experience and can share insightful tips and suggestions to manage care. *FREE*

Wednesday, July 8 at 10:00 AM

This month's topic is knowing the difference between Alzheimer's, related dementias and normal aging.

Wednesday, August 12 at 10:00 AM

Topics at this meeting include how to handle wandering and sun-downing concerns.

Estate Planning Seminar

Thursday, August 13 at 1:00 PM

An estate consists of everything you own (house, car, bank accounts, insurance premiums, personal property) when you die. Learn how to put a plan in place to protect your estate and manage where it will all go. Without an estate plan it could be up to the courts to decide. Presented by Westfield Bank.

FREE

Summer Sizzler at MeadowBrook **Tuesday, July 14 from 4:00 to 6:00 PM**



MeadowBrook of Granby hosts this fun, free summer event. Enjoy live entertainment, hot and cold hors d'oeuvres, and adult beverages. Call Meadowbrook to register: **860-653-9888**.

Painting Party

Wednesday, July 15 at 1:30 PM

Come create your own masterpiece! With the help of local artist, Irene Hilbert, paint a themed picture. No experience necessary, fun for all ages. Class size limited to 12. No cost!

Senior Voices

Expressing Yourself Through Poetry **Second and fourth Tuesday at 2:30 PM**

This class is led by local poet, Andrew Weil.

Turn everyday thoughts into written works in a no rules, no homework atmosphere. *Cost is \$30 for 6 class session.* Class size limited. Call to register.

Holistic Physical Therapy **for Chronic Pain ~** **a Different Approach** **August 11 at 1:00 PM**

Holistic Physical Therapy includes a gentle form of body work called *Integrative Manual Therapy* (IMT). IMT is a hands-on therapy that can identify underlying causes for chronic and acute pain. By using IMT to treat these underlying problems, relief from pain can be achieved. *FREE*



Medicare 101

Thursday, August 20 at 9:30 AM

Are you turning 65 or just confused about Medicare? This *FREE* seminar will educate you on the options and programs available. Learn what Medicare options best meet your needs. If you are over 65, educate yourself about various laws and programs that may be relevant to your situation, such as maximizing social security or protecting your assets from long term care exposure without insurance. Presented by American Senior Benefits. *FREE*



Health and Wellness

Foot Care Clinic with Pedi-Care Fourth Friday of the month

Appointments beginning at 8:30 AM

A specially trained nurse performs assessment of the feet and lower extremities, trimming, filing and cleaning of nails, and referrals to medical doctor or podiatrist if needed. Call 860-844-5352. Cost is \$29. (not covered by insurance).

Dental Care Clinic

First Friday of the month

Appointments beginning at 9:00 AM

Licensed dental hygienist provides complete dental cleaning, fluoride treatment, denture cleaning and oral health evaluation at an affordable rate. Eligible seniors may receive a subsidized rate. Enrollment forms are available at the Senior Center office. Cost is \$70 for cleaning.

Blood Pressure Checks

Every Thursday 11:00 AM to 12:30 PM

Farmington Valley Visiting Nurses Association
Held in the Senior Center Community Room.
FREE



Meditation Workshop with Debra Mullins

Mondays at 10:15 AM

Meditation allows you to focus your mind and eliminate stress caused by jumbled thoughts. Join us for 45 minute sessions to experience its benefits. Sponsored by MeadowBrook of Granby.

Chair Massage with Bev Harris

First, third and fifth Tuesday of the month by appointment

15 minute massage is \$10.

On Grief and Loss

Second and fourth Wednesday at 2:30 PM

Through discussion this group will help you in understanding and coping with grief. You will find support, information and strategies for helping you with the grieving process. Led by Jane Johnson, creator of *Bryan's Landing* and the *Our Children's Garden* in Salmon Brook Park. *FREE*

Grandparent Support Group

Thursdays at Noon

A group for grandparents who are raising their grandchildren. Join others, like yourself, to share friendships, ideas, and tips on being a parent again. *FREE* (Program funded in part by NCAAA, Inc.)



MS Support Group

Second and fourth Monday at 1:00 PM

This is a self help group for persons with Multiple Sclerosis.

Healthy Minds by appointment

Situations such as the death of a loved one, failing health or strained family relationships can be daunting to face alone. Working with Colleen Golnik, Marriage and Family Therapist, may help you move forward with the better part of life. Call 860-844-5352 to schedule a confidential appointment. *Suggested donation: \$20 per session.*



Reiki with Tannia Hotchkiss

Second & fourth Tuesday of the month by appointment

Reiki treatment is believed to aid in reducing stress and anxiety. Cost is \$20 for half hour session.

Breakfast with Kerry *Saying goodbye to Kerry as she retires*

COVER STORY: Please join the staff at a breakfast buffet as we wish Kerry well on her retirement.

Breakfast will be served on July 29th at 9:00 a.m., Granby Senior Center. Please RSVP to 860-844-5350.

Fitness for All

Beneficial Tai Chi

(On hiatus in July, will return in August)

One of the best exercises for balance and fall prevention, Tai Chi provides concentrated breathing, balance, postural alignment and meditation in a relaxed atmosphere.

Beginning: Mondays at 9:00 AM

Intermediate: Fridays at 9:00 AM

Instructor, Judy Laiuppa.

Newcomers: Please call the office.



Strength Training for Men and Women

Use hand-held weights, medicine balls and resistance bands to increase muscle tone and build stamina.

Muscle Work for Women

Tuesdays at 9:30 AM

Instructor, Jennifer Dzielak

Basic Training for Men

Tuesdays at 8:30 AM

Instructor, Jennifer Dzielak

Smart Moves

Primarily chair-based, this class offers individuals with joint concerns a gentle yet powerful way to increase joint mobility and range of motion. Need a greater challenge? Take the Advanced class!

Smart Moves

Mondays at 11:15 AM

Instructor, Paula Pirog

Advanced Smart Moves

Wednesdays at 11:00 AM

Instructor, Mary Fuller

Yoga for All Levels

Enhanced breathing, increased blood flow, reduced tension and better posture are achieved through the various yoga poses. Choose the level right for you:

Chair Yoga

Tuesdays at 2:30 PM

Great for those with limited mobility.

Instructor, Paula Pirog

Yoga and Movement

Tuesdays at 4:30 PM

Thoughtful breathing and controlled postures.

Instructor, Paula Pirog

Get Your Heart Pumping!

The following classes are designed with a combination of aerobics and strength training to give you a total body workout. The focus is on a combination of agility, strength, balance and core strength. Exercise with weights, steps, body bars, stability and medicine balls.

Cardio Combo (hard)

Fridays at 10:15 AM

For those used to exercise.

Instructor, Mary Fuller

Cardio & Strength (harder)

Mondays at 4:30 PM

Quicker pace and more aerobics.

Instructor, Mary Fuller

Pilates Plus (harder)

Thursdays at 4:30 PM

On summer hiatus. Returns in September.

Instructor, Mary Fuller



Cardio & Strength II (harder)

Fridays at 12:45 PM

On summer hiatus. Returns in September.

Instructor, Terri Ziemnicki

Full Body Workout (hardest)

Wednesdays at 4:30 PM

More muscle work with weights.

Instructor, Jennifer Dzielak

PEAK

Sundays at 8:00 AM (hardest)

For the weekend warrior!

Vigorous aerobics and weights.

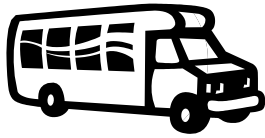
Instructor, Jennifer Dzielak

Cost:

- Cash or Checks accepted. Checks payable to the *Town of Granby*.
- Drop-in rate is \$8.
- Discounts apply when purchasing a "session" of classes. Session rates are \$6/class for Granby residents and \$7/class for non-Granby residents.

Exercise Class Guidelines:

- Choose the right class level. *We can help!*
- Bring water.
- Wear sneakers and comfortable clothing.
- Use an exercise mat for floor work.
- Save the floor! Change shoes in lobby.



Granby Senior Van Service

Call **860-844-5353** to schedule your appointments.

Schedule:

The Senior Vans operate Monday through Friday from 9:00 AM - 4:00 PM

Mondays and Thursdays

Granby Center errands (pharmacy, bank, and post office) and grocery shopping trips

Tuesdays and Thursdays

Community Café at the Senior Center

Daily (with advanced reservations only)

Personal care appointments
(doctor visits, therapy, beauty)

Out of town medical appointments may be made no earlier than 9:30 AM and no later than 2:00 PM.

Shopping Trips: \$3 each trip

Enfield Mall

Friday, July 10 at 9:30 AM

Ocean State Job Lot/Big Y in Southwick

Thursday, July 9 at 1:45 PM

Wal-Mart

Wednesday, July 15 at 1:00 PM

Farmington Valley Shops & Home Goods

Friday, August 7 at 9:30 AM

Transportation Action Program (TAP)

Volunteer drivers offer free medical appointment transport. Call **860-264-6131** to leave a message.

Social Services

The focus of the **Social Services Department** is to coordinate existing federal, state, regional and local services, to increase community awareness of these services and to develop new programs to meet the needs of Granby residents. Call 860-844-5350.

Lifeline Telephone Service

Apply for a discount of \$10.42 per month.

To qualify, individuals must certify that someone in the household currently receives benefits from one of these programs: Medicaid/Medical Assistance; Supplemental Nutrition Assistance Program (SNAP) formerly Food Stamps; Supplemental Security Income (SSI); Low Income Home Energy Assistance Program (LIHEAP); State Supplemental to the Aged, Blind or Disabled; Personal Care Assistance; Connecticut Energy Assistance Program.

Granby Food Bank

This community service is offered by the Farmington Valley VNA to any family or individual who may need assistance in meeting daily living expenses, particularly due to loss of income or Medicare/Medicaid limitations. Call the office for eligibility screening. An appointment is necessary to qualify.

Elderly and Disabled Rent Relief

Applications will be accepted in the Human Services Office from **May 1, 2015 through September 15, 2015**. Qualifying renters may apply this year even if they did not receive a check from the program last year. Applicants must provide proof of income and rental and utility expenses from 2014.

Maximum income guidelines are:

Married Couple - \$42,200; Single- \$34,600.

Additional local benefits may be available.

Medicare Savings Programs (MSP)

Helps pay for your Medicare Part B premiums. They are the Qualified Medicare Beneficiary program (QMB), the Special Low Income Medicare Beneficiary program (SLMB) and the Additional Low Income Medicare Beneficiary program (ALMB). All three programs pay Medicare Part B premiums. However, only QMB pays Medicare co-pays and deductibles for Medicare-covered services.

Excursions



PLEASE NOTE: Registration requires up-to-date membership and van card.

Berkshire Botanical

Wednesday, July 8 departing at 8:45 a.m.

With 23 gardens to stroll among you will find yourself immersed in the colors and scents of summer. Participants should be prepared for lots of walking on uneven ground and consider sun protection. Casual lunch stop is planned at the Number Six Depot in West Stockbridge. Cost \$20, does not include lunch.

Farm Stands

Wednesday, July 29

departing at 11:30 a.m.

We will visit local farm stands in Granby and Southwick to take advantage of the season's harvest. Cost is \$3.



Slater Museum

Friday, July 31 departing at 9:00 a.m.

Enjoy a docent led tour at the recently remodeled museum which houses a collection of art spanning the past 350 years. After a lunch stop at Irene's in Norwich we will explore the largest shoe store in New England: Shoe.niverse. Cost is \$15 for the ride and museum, lunch and any shoes are your expense.

Shore Drive

Wednesday, August 5 departing at 9:00 a.m.

Explore the Niantic/Lyme area of the shore. Stops planned at a seafood restaurant, local shops, boardwalk and for an ice cream. Cost \$5 for transportation, the rest is up to you.

Program Note:

For anyone scheduled for a cancelled trip in May: you will be notified of the rescheduled date.

Taste of the Valley

Each month you have the opportunity to try a local restaurant. Diners pay their own separate check. Cost is \$3 for the ride.

Monday, July 20: Saybrook Fish House in Canton

Monday, August 17: Lost Acres Orchard

Nathan Hale Homestead

Friday, August 21 departing at 10:00 a.m.

Tour the home of a State hero. A pristine example of Georgian style architecture and has remained virtually intact with family and period furnishings. Cost is \$9 and includes ride and tour.

Burgundy Brook Farm

Wednesday, August 26 departing at 8:30 a.m.

The Farm is home to a country store and also Blue Star Equiculture in Palmer, MA. Blue Star is a horse rescue and sanctuary for working horses where they can live out their days. Tour the farm, enjoy the delicious aroma of the bakery and then lunch at the Burgundy Brook Café. Be prepared for walking on uneven ground. Cost is \$5.

Best Wishes!

After more than 10 years of dedicated service to the Senior Van program, Nancy is pursuing new opportunities.

Nancy cared a great deal for all her passengers and delivered them to doctor, physical therapy and hair care appointments, took them to complete errands at the grocery store, banks, pharmacies and post office and always kept a watchful eye out for health and safety. We will miss Nancy a great deal. Please be patient as we transition to a new driver.

Registration for trips begins July 1. Call 860-844-5352. Please, no group registrations.

Center Life
Town of Granby
Senior Center
Granby, CT 06035



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Delivery by July 1, 2015

The Senior Center is conveniently located within the Municipal Complex at:
15C North Granby Road, Granby, CT 06035 Tel. 860-844-5352

The Senior Center will be closed on Friday, July 3 in observance of Independence Day

Your comments, suggestions, and feedback are always welcome.
Please call Sandy at 860-844-5352 or email: syost@granby-ct.gov

Summer Sounds at Salmon Brook Park

These programs are brought to you by the *Granby Parks & Recreation Department*.
Contact Parks & Rec for additional information. Tel. 860-653-8947. Concerts are FREE.

Soul Sound Revue Thursday, July 9 at 6:30 p.m.

Known for their Motown renditions of groups like the Temptations, the Four Tops, Stevie Wonder and many more. Enjoy the Ice Cream Social following the concert with \$2 make-your-own sundaes.

The Carrie Johnson Band Thursday, July 16 at 6:30 p.m.

Carrie Johnson is a singer/songwriter whose own music crosses several genres - pop, rock and country but always with her signature style – strong vocals, memorable melodies, story-telling lyrics and dynamic rhythm guitar playing.

MOVIE IN THE PARK! 30th Anniversary of *Back to the Future* Saturday, August 22 5:00 p.m.

. This exciting night will include the 50's style band DADDY-O!, classic cars will be display, get your picture with DeLorean!

